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ABSTRACT

The teenage years are full of promise and confusion. Ways in which adults can help teens listen to their hearts to find inner security and understanding are detailed in this book. Self-discovery is presented as a joint venture between the head and the heart. When these are out of sync, insecurity and conflict may arise, but when they work together, self-security, self-awareness, and self-esteem can be enhanced. It is recommended that parents work the exercises with their teenage children so as to foster bonding. By reading the chapters together and sharing examples from their own lives, parents and children can better understand the techniques presented here. The book emphasizes the importance of listening to one's heart when making decisions in a stressful situation. It teaches that by tuning into one's inner feelings, emotions, decisions, and judgments all benefit. Various chapters detail the importance of caring for others, friendships, and relationships; talking through depression; improving listening skills; resisting drug use; caring for the environment; and learning how music can affect the body. Some "heart smarts" practices are presented at the end. (RJM)

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